

# COMPOSITIONS AND METHODS CONTAINING ALLIUM SATIVUM LINN. (GARLIC) NATURALLY ENRICHED WITH ORGANIC SELENIUM COMPOUNDS FOR NUTRITIONAL SUPPLEMENTATION

## Abstract

The invention discloses a method to prepare concentrates from *Allium sativum* Linn. (Garlic) bulbs naturally enriched with a unique composition of organic selenium compounds and the use of such concentrates in nutritional supplement compositions for human and animal use. The resulting compositions provide a safe and efficacious means of providing supplemental amounts of the essential trace mineral nutrient selenium for diverse health benefits.